



Garvey Senior Activity Center


November 2023

Senior Activity Center programs are available to those 50 years of age and older, unless otherwise noted. Please see the receptionist for participation criteria.

- Lunch meals are served from 12-12:30 p.m. Monday - Friday in the dining room & require a 24 hour advance reservation. The cost of lunch is a donation for those ages 60 and above.
\$6 for those under the age of 60.
- The Fitness Room, Billiards Table, Pickleball Courts, Cornhole & Ping Pong Table are available for use, no reservations required.

Any program in **green** requires advance online registration at www.stmarysmd.com/aging, or by calling 301-475-4200, ext. 1075.
Some programs have a fee \$

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Garvey Senior Activity Center Hours of Operation Monday - Thursday 8 a.m.- 8 p.m. Friday 8 a.m. - 4:30 p.m. (last entry 4 p.m.)</p> 	<p>ROOM KEY: GFS1/2-Group Fitness Studio DR-Dining Room AS-Art Studio AR1-Activity Room 1 AR2-Activity Room 2 PBC-Pickleball Courts WR-Wellness Room</p>	<p>1 9-Walking Club-L 9-Bridge Club-AR1 9:30-Chair Yoga FC-GFS1/2 10-Nutrition Education "Pre-Diabetes Risk Factors"-AS 11-EnhanceFitness FC-GFS1/2 2:00-Geri-Fit-GFS1/2 5:30-EnhanceFitness FC-GFS1/2</p>	<p>2 8:45-Arthritis Exercise-GFS1/2 9-Bridge Club-AR1 9:45-Arthritis Exercise-GFS1/2 12:30-Zumba FC-GFS1/2 2-Diamond Dots-AS 4-7:30 Open Studio Time-AS 5-Gamenight-AR1 5:30-Zumba FC-GFS1/2</p>	<p>3 8:45-Arthritis Exercise-GFS1/2 9-Quilters-AR2 9-Scrapbooking-AS 9-Walking Club-L 9:30-Walk & Tone FC-GFS1/2 11-EnhanceFitness FC-GFS1/2 12:30-Yoga FC-GFS1/2 1:30-Open Uke Jam Session-AR1</p>
<p>6 NO Geri-Fit 9-Walking Club-L 9:30-Men's Strength FC-GFS1/2 10-Bingo -DR 11-EnhanceFitness FC-GFS1/2 12:30-R&B Line Dance - GFS1/2 5-Dungeons & Dragons-AR1 5:30-Cardio-Lite FC-GFS1/2</p>	<p>7 NO Arthritis Exercise 10-Reiki & Reflexology \$-WR 10-Council Meeting-AR2 10:30-NARFE Newsletter-AS 11-Line Dance-GFS1/2 11-Reader's Theater-AR1 12:30-Yoga FC-GFS1/2 1:30-Card Embroidery \$-AS 2-Kickboxing \$-GFS1/2 5-Crochet Club-AS</p>	<p>8 9-Walking Club-L 9-Bridge Club-AR1 9:30-Chair Yoga FC-GFS1/2 11-Book Discussion-AR2 11-EnhanceFitness FC-GFS1/2 2:00-Geri-Fit-GFS1/2 5:30-EnhanceFitness FC-GFS1/2</p>	<p>9 8:45-Arthritis Exercise-GFS1/2 9-Bridge Club-AR1 9:45-Arthritis Exercise-GFS1/2 10-75-Connectivity Through the Ages-DR 10-Reiki & Reflexology \$-WR 12:30-Zumba FC-GFS1/2 2-Diamond Dots-AS 4-7:30 Open Studio Time-AS 5:30-Zumba FC-GFS1/2 5:45-Folk Salad Performance-DR 6-Nutrition Education "Pre-Diabetes Risk Factors"-AS</p>	<p>10 ALL Senior Activity Centers CLOSED</p> 
<p>13 9-Walking Club-L 9:30-Men's Strength FC-GFS1/2 10-Bingo -DR 11-EnhanceFitness FC-GFS1/2 12:30-R&B Line Dance - GFS1/2 2:00-Geri-Fit-GFS1/2 5-Dungeons & Dragons-AR1 5:30-Cardio-Lite FC-GFS1/2</p>	<p>14 9:45-Arthritis Exercise-GFS1/2 10-Reiki & Reflexology \$-WR 11-Line Dance-GFS1/2 12:30-Yoga FC-GFS1/2 12:30-Drama Speaks Luncheon-DR 1:30-Watercolor w/T.L. Ford \$-AS 2-Kickboxing \$-GFS1/2 5-AMA-Christine Trent Book Talk-DR 6-Collage Group-AS</p>	<p>15 9-Walking Club-L 9-Bridge Club-AR1 9:30-Chair Yoga FC-GFS1/2 10-NARFE Meeting-AR2 11-EnhanceFitness FC-GFS1/2 2:00-Geri-Fit-GFS1/2 5:30-EnhanceFitness FC-GFS1/2</p>	<p>16 8:45-Arthritis Exercise-GFS1/2 9-Bridge Club-AR1 9:45-Arthritis Exercise-GFS1/2 10-Zooshing up Your Holiday Look \$-AR2 10-Reiki & Reflexology \$-WR 12:30-Zumba FC-GFS1/2 2-Diamond Dots-AS 5-Gamenight-AR1 5:30-Zumba FC-GFS1/2 5:30-Movie Night "Grumpy Old Men"-DR</p>	<p>17 8:45-Arthritis Exercise-GFS1/2 9-Walking Club-L 9-Quilters-AR2 9:30 Walk & Tone FC-GFS1/2 11-EnhanceFitness FC-GFS1/2 12:30-Yoga FC-GFS1/2 1:30-Open Uke Jam Session-AR1</p>

Monday	Tuesday	Wednesday	Thursday	Friday
20 9-Walking Club-L 9:30-Men’s Strength FC-GFS1/2 10-Bingo -DR 11-EnhanceFitness FC-GFS1/2 12:30-R&B Line Dance-GFS1/2 2:00-Geri-Fit-GFS1/2 5-Dungeons & Dragons-AR1 5:30-Cardio-Lite FC-GFS1/2	21 9:45-Arthritis Exercise-GFS1/2 10-Making Money Last w/ Edward Jones-AR2 11-Line Dance-GFS1/2 12:30-Yoga FC-GFS1/2 1:00-Presented by Hope & Healing “Men’s Mental Health”-AR2 1:30-Sunnyside Florals “Thanksgiving Centerpiece” \$-AS 2-Kickboxing \$-GFS1/2 5-Crochet Club-AS	22 NO 5:30 pm EnhanceFitness 9-Walking Club-L 9-Bridge Club-AR1 9:30-Chair Yoga FC-GFS1/2 11-EnhanceFitness FC-GFS1/2 2:00-Geri-Fit-GFS1/2 The Garvey Senior Activity will close at 4:30 p.m.	ALL Senior Activity Centers CLOSED 	ALL Senior Activity Centers CLOSED
27 9-Walking Club-L 9:30-Men’s Strength FC-GFS1/2 10-Bingo -DR 11-EnhanceFitness FC-GF1/2 12:30-R&B Line Dance-GFS1/2 1-Commision on Aging-AR2 2:00-Geri-Fit-GFS1/2 5-Dungeons & Dragons-AR1 5:30-Cardio-Lite FC-GFS1/2	28 9:45-Arthritis Exercise-GFS1/2 11-Line Dance-GFS1/2 12:30-Yoga FC-GFS1/2 2-Kickboxing \$-GFS1/2	29 9-Walking Club-L 9-Bridge Club-AR1 9:30-Chair Yoga FC-GFS1/2 11-EnhanceFitness FC-GFS1/2 1:30-Holiday Iris Folding Framed \$ -AS 2:00-Geri-Fit-GFS1/2 5:30-EnhanceFitness FC-GFS1/2 5:30-Basket Weaving “Woven Snowflake” \$-AS	30 8:45-Arthritis Exercise-GFS1/2 9:45-Athritis Exercise-GFS1/2 9-Bridge Club-AR1 12:30-Zumba FC-GFS1/2 2-Diamond Dots-AS 5-Gamenight-AR1 5:30-Zumba FC-GFS1/2 4-7:30 Open Studio Time-AS	

Important Information

- Fitness classes marked FC require use of a Fitness Card. Fitness cards may be purchased from the receptionist desk (\$40 for 10 classes). A one day drop in pass may be purchased for \$5 per class.
- The Bridge Club organizes players/tables in advance of each session; drop in players are not permitted. If you are interested in joining the group, please leave your name and contact information at the receptionist desk and it will be passed on to the group coordinator.
- Group exercise equipment (hand weights, bands, mats, etc.) and fitness equipment (treadmills, bikes, etc.) are available for use. Users are asked to clean their equipment using the wipes and gloves provided.
- For weather related closures or cancellations, call 301-475-4200, ext. 1080.

Register for Zoom Fitness Classes

You can now use the online registration at www.stmarysmd.com/aging. Registration closes on November 9, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9-10 a.m. Enhance Fitness	8:30 –9:30 a.m. Enhance Fitness	9-10 a.m. Enhance Fitness	8:30-9:30 a.m. Enhance Fitness	10-11 a.m. Chair Assisted Yoga
	10 –11 a.m. Chair Assisted Yoga		10:45-11:45 a.m. Awakening (Mat) Yoga	
	3-4 p.m. Chair Pilates			